

BEEF with NATURAL JUICES

CANNED

for use in the USDA Household
Commodity Food Distribution Programs

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Product Description

- **Canned Beef** is **fully cooked** in its own juices and is ready-to-eat.

Pack/Yield

- One 24-ounce can provides about 3¼ cups (about 12 ¼-cup servings) of cut-up beef. One ¼-cup is approximately 2 oz. of beef and juice.

Storage

- Store unopened cans in a cool, dry place until ready to use.
- Store leftover beef covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.

Uses and Tips

- Canned beef is thoroughly cooked during processing and may be used in main dishes, such as barbecue beef, pizza, spaghetti sauce, vegetable stir-fry, and casseroles.
- Substitute canned beef for ground beef, beef cubes, or similar meats in recipes.
- Chilling the meat makes it easier to remove the fat that has risen to the top. To do this, place the canned beef in the refrigerator overnight before opening and slicing. Open the can and gently scoop the fat out with a spoon. Throw the fat away.

(See recipes on reverse side)



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- To slice the beef, remove both the bottom and top lids of the can and push the beef through with the bottom lid.
- The natural juices from the beef can be used for part of the liquid required by many main dish and soup recipes.

Nutrition Information

- **Beef** provides many nutrients that are vital for health and maintenance of your body. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- 1 ounce of cooked lean beef counts as 1 ounce-equivalent from the **Meat and Beans** group of MyPyramid.

Nutrition Facts

Serving size ¼ cup (55g) canned beef and juice

Amount Per Serving

Calories	120	Fat Cal	70
		% Daily Value*	
Total Fat	8.0 g		12%
	Saturated Fat 3.5 g		15%
Cholesterol	35 mg		12%
Sodium	150 mg		6%
Total Carbohydrate	0 g		0%
	Dietary Fiber 0 g		0%
Protein	10 g		
Vitamin A	<2%	Vitamin C	<2%
Calcium	<2%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

Skillet-Helper Chilimac

- 1 (24 ounce) can beef, defatted
- 2 (16 ounce) cans tomatoes
- 1 (15 ounce) can vegetarian beans,
drained
- 1 cup dry macaroni

1. Remove fat and heat meat in skillet.
2. Add tomatoes, beans, and skillet helper mix.
3. Boil uncovered 10 minutes.
4. Add the macaroni, cover, and cook on low heat for 15 minutes or until macaroni is cooked.

Skillet Helper Mix

- ¼ cup dried onion
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon sugar

Makes 6 servings

*Recipe provided by Denelle Martin and Nancy Patterson,
Gila River Indian Community FDP, Sacaton, AZ*

Nutrition Information for each serving of Skillet Helper Chilimac:

Calories	447	Cholesterol	72 mg	Sugar	4.6 g	Calcium	146 mg
Calories from Fat	158	Sodium	796 mg	Protein	29 g	Iron	4 mg
Total Fat	17.5 g	Total Carbohydrate	42 g	Vitamin A	55 RAE		
Saturated Fat	7.3 g	Dietary Fiber	7.5 g	Vitamin C	19 mg		

Garden Supper Casserole

- 2 cups soft bread, cubed
- ½ cup shredded cheese
- 5 tablespoons margarine, melted
- 1 cup cooked peas
- 2 tablespoons onion, chopped
- 3 tablespoons flour
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1½ cups milk
- 1 cup canned beef, cut up
- 1 large tomato, sliced

1. Preheat oven to 350°F.
2. Mix bread cubes, cheese, and 2 tablespoons melted margarine.
3. Spread half the mixture in greased 1 quart casserole dish and top with peas.
4. Cook onion in 3 tablespoons margarine until onion is tender. Blend in flour and seasonings.
5. Cook over low heat, stirring until mixture is bubbly.
6. Remove from heat, add milk and return to a boil, stirring constantly. Boil and stir for 1 minute.
7. Stir in meat and pour over peas.
8. Arrange tomato slices on top and sprinkle with remaining bread mixture.
9. Bake, uncovered, at 350°F for 25 minutes.

Makes 4 servings

Nutrition Information for each serving of Garden Supper Casserole:

Calories	550	Cholesterol	70 mg	Sugar	9 g	Calcium	240 mg
Calories from Fat	380	Sodium	1330 mg	Protein	19 g	Iron	8 mg
Total Fat	42 g	Total Carbohydrate	25 g	Vitamin A	300 RE		
Saturated Fat	15 g	Dietary Fiber	3 g	Vitamin C	15 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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